

Social and Environmental Triggers

There may have been times before you quit when you used tobacco just out of habit, either to cope with emotions, social situations, because of physical urges, or because of the environment you were in.

Now is the time to replace your old habits with healthier ones.

Tobacco was part of your daily life. Something you used to do without even thinking about it.

You might have smoked every time you had a cup of coffee.

If coffee is a trigger, you can choose to go without. You can also choose to change your routine and drink coffee where you would not be triggered to smoke. You can also change the time you drink your coffee. Changes like this can disrupt your cravings and triggers to smoke.

Consider some other drinks, like tea or flavored water, which you don't link to tobacco.

Alcohol can be a trigger and can lower your ability to say no to tobacco. It may be best to avoid alcohol until you feel you can have a drink without being triggered to smoke.

If possible, staying away from people who use tobacco and places where tobacco is allowed can also be helpful.

If you tended to smoke after a meal, taking a short walk instead can help change your routine.

If you want your hands and mouth busy while driving your car, chew a piece of gum, put both hands on the wheel, or try holding something like a pen or straw.

This can help the "empty" feeling many people have when quitting smoking.

No matter how well you cope with your triggers, you will still find yourself craving cigarettes at times.

Fortunately, there are many things you can do to stay in control.

A popular way to deal with a craving is to do one of the 4 D's. Delay, Deep Breathe, Do Something Else, Drink water.

Delay. Sometimes just taking a 10-minute break will get you through your craving.

Deep Breathe. Close your eyes and take long, deep breaths. Deep breathing is a common technique to relieve stress and feel in control.

Do Something Else. Often a change of scenery can help. Get up and go somewhere else.

Brushing your teeth can be a pleasant substitute.

Chew sugar free gum or mints.

Munch on healthy snacks.

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Some people find chewing on other items like a straw, flavored toothpicks or sunflower seeds helpful.

"I would use the sunflower seeds simply because it kept my hands so busy having to kinda crack each single one and open it and then reach in that that inside. So that helped a lot."

Drink Water. Take frequent sips from a water bottle throughout the day to help distract you from cravings and to clean your body of nicotine.

By limiting, and avoiding, exposure to your triggers – and making small changes in your routine – you can greatly reduce the chances your old habits will drive you to use tobacco again.